

Aim to eat at least 5 servings of fruits and vegetables each day.

Discourage eating meals or snacks while watching TV.

Eating a healthy breakfast is a good way to start the day and may be important in achieving and maintaining a healthy weight.

IF YOUR CHILD IS OVERWEIGHT

Many overweight children who are still growing will not need to lose weight, but can reduce their rate of weight gain so that they can "grow into" their weight.

Your child's diet should be safe and nutritious. It should include all of the Recommended Dietary Allowances (RDAs) for vitamins, minerals, and protein and contain the foods from the major Food Guide Pyramid groups. Any weight-loss diet should be low in calories (energy) only, not in essential nutrients.

Even with extremely overweight children, weight loss should be gradual.

Crash diets and diet pills can compromise growth and are not recommended by many health care professionals.

Weight lost during a diet is frequently regained unless children are motivated to change their eating habits and activity levels for a lifetime.

Weight control must be considered a life-long effort.

Any weight management program for children should be supervised by a physician.

LEAVE OF ABSENCE

By unanimous consent, leave of absence was granted to:

Mr. BECERRA (at the request of Ms. PELOSI) for today.

Mr. FATTAH (at the request of Ms. PELOSI) for today on account of personal business.

Mr. GUTIERREZ (at the request of Ms. PELOSI) for today.

Mr. TAYLOR of Mississippi (at the request of Ms. PELOSI) for today on account of a family emergency.

Mr. BACA (at the request of Ms. PELOSI) for today after 3:00 p.m. on account of a medical emergency.

Mr. BILIRAKIS (at the request of Mr. DELAY) for today after 2:00 p.m. on account of personal reasons.

Mr. BOOZMAN (at the request of Mr. DELAY) for today on account of a death in the family.

Mr. YOUNG of Florida (at the request of Mr. DELAY) for today to attend send-off ceremonies at Camp Shelby, Alabama, for Task Force Phoenix IV, the 53rd Brigade Team, headquartered in Pinellas Park, Florida, which includes 1,200 Florida National Guard soldiers. These soldiers are being deployed to Afghanistan in support of Operation Enduring Freedom.

SPECIAL ORDERS GRANTED

By unanimous consent, permission to address the House, following the legislative program and any special orders heretofore entered, was granted to:

(The following Members (at the request of Ms. JACKSON-LEE of Texas) to revise and extend their remarks and include extraneous material:)

Mr. HOYER, for 5 minutes, today.

Mr. DEFAZIO, for 5 minutes, today.

Ms. WOOLSEY, for 5 minutes, today.

Mr. BROWN of Ohio, for 5 minutes, today.

Mr. SCHIFF, for 5 minutes, today.

Ms. JACKSON-LEE of Texas, for 5 minutes, today.

(The following Members (at the request of Mr. DUNCAN) to revise and extend their remarks and include extraneous material:)

Mr. SWEENEY, for 5 minutes, July 1.

Mr. POE, for 5 minutes, June 27.

Mr. DUNCAN, for 5 minutes, today.

Mr. MORAN of Kansas, for 5 minutes, June 27 and 28.

Mr. OSBORNE, for 5 minutes, June 27.

ENROLLED BILL SIGNED

Mr. Trandahl, Clerk of the House, reported and found truly enrolled a bill of the House of the following title, which was thereupon signed by the Speaker:

H.R. 1812. An act to amend the Public Health Service Act to authorize a demonstration grant program to provide patient navigator services to reduce barriers and improve health care outcomes, and for other purposes.

SENATE BILL REFERRED

A bill of the Senate of the following title was taken from the Speaker's table and, under the rule, referred as follows:

S. 1181. An act to ensure an open and deliberate process in Congress by providing that any future legislation to establish a new exemption to section 552 of title 5, United States Code (commonly referred to as the Freedom of Information Act) be stated explicitly within the text of the bill; to the Committee on Government Reform.

ADJOURNMENT

Mr. WAMP. Mr. Speaker, I move that the House do now adjourn.

The motion was agreed to; accordingly (at 5 o'clock and 58 minutes p.m.), under its previous order, the House adjourned until Monday, June 27, 2005, at 12:30 p.m., for morning hour debates.

EXECUTIVE COMMUNICATIONS, ETC.

Under clause 8 of rule XII, executive communications were taken from the Speaker's table and referred as follows:

2456. A letter from the Principal Deputy Under Secretary for Personnel and Readiness, Department of Defense, transmitting authorization of Captain Charles J. Leidig, United States Navy, to wear the insignia of the grade of rear admiral (lower half) in accordance with title 10, United States Code, section 777; to the Committee on Armed Services.

2457. A letter from the Under Secretary for Personnel and Readiness, Department of Defense, transmitting a letter on the approved retirement of Lieutenant General John D. Hopper, Jr., United States Air Force, and his advancement to the grade of lieutenant general on the retired list; to the Committee on Armed Services.

2458. A letter from the Principal Deputy Under Secretary for Personnel and Readiness, Department of Defense, transmitting authorization of the enclosed list of officers to wear the insignia of the next higher grade in accordance with title 10, United States Code, section 777; to the Committee on Armed Services.

2459. A letter from the Director, International Cooperation, Department of Defense, transmitting a copy of Transmittal No. 05-05 which informs of an intent to sign a Project Arrangement between the United States and Australia concerning Tactical Missiles; to the Committee on Armed Services.

2460. A letter from the Assistant Chief, Regulations and Procedures Division, Department of the Treasury, transmitting the Department's final rule — Establishment of the Ribbon Ridge Viticultural Area (2002R-215P) [T.D.TTB-27; Notice No. 21] (RIN: 1513-AA58) received June 8, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

2461. A letter from the Secretary, Department of Labor, transmitting a draft bill entitled the "Unemployment Compensation Program Integrity Act of 2005"; to the Committee on Ways and Means.

2462. A letter from the Acting Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's final rule — Limitations on dividends received deduction and other guidance [Notice 2005-38] received May 24, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

2463. A letter from the Acting Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's final rule — Section 1446 Regulations; withholding on effectively connected taxable income allocable to foreign partners [TD 9200] (RIN: 1545-AY28) received May 24, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

2464. A letter from the Acting Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's final rule — Examination of returns and claims for refund, credit or abatement; determination of correct tax liability. (Rev. Proc. 2005-31) received June 16, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

2465. A letter from the Acting Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's final rule — Supplemental Information for Notice 2003-47 and Announcement 2005-19, Executive Stock Option Transaction and Settlement Initiative (Announcement 2005-39) received May 24, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

REPORTS OF COMMITTEES ON PUBLIC BILLS AND RESOLUTIONS

Under clause 2 of rule XIII, reports of committees were delivered to the Clerk for printing and reference to the proper calendar, as follows:

Mr. KOLBE: Committee on Appropriations. H.R. 3057. A bill making appropriations for foreign operations, export financing, and related programs for the fiscal year ending September 30, 2006, and for other purposes (Rept. 109-152). Referred to the Committee of the Whole House on the State of the Union.

Mr. KNOLLENBERG: Committee on Appropriations. H.R. 3058. A bill making appropriations for the Departments of Transportation, Treasury, and Housing and Urban Development, the Judiciary, District of Columbia, and independent agencies for the fiscal year ending September 30, 2006, and for other